



**7 out of 10 boys and  
9 out of 10 girls  
don't get the calcium  
they need.<sup>1,2</sup>**

## Pediatricians Call for Calcium Check-up

The 2006 American Academy of Pediatrics report<sup>3</sup> on optimizing bone health supports dairy's role in the bone health of children and adolescents.

Talk to your patients about including three servings of dairy a day (milk, cheese or yogurt) to help build stronger bones.

- **Assess Calcium Intake:**

The AAP suggests periodically assessing calcium intake and risk factors for sub-optimal bone health at 2 or 3 years of age, after the infant is no longer taking human milk or formula; during preadolescence (8-9 years of age); and during early adolescence, when peak accumulation of calcium occurs. Refer to the AAP report, "Optimizing Bone Health and Calcium Intakes of Infants, Children, and Adolescents" for an assessment questionnaire.

- **Share Bone Building Tips:**

Most people can achieve the recommended dietary intake of calcium by eating three servings of milk, cheese, or yogurt each day. Low-fat and fat-free versions are encouraged.<sup>3</sup> Non-dairy food sources and supplements are an alternative, but these products do not offer the same nutrient benefits of dairy foods.

- **Model Healthy Habits:**

All family members should evaluate their calcium intake and consider three servings of dairy a day (4 for adolescents) for building stronger bones.

- **Be Active:**

Encourage physical activity, primarily weight-bearing exercise as part of an overall healthy bone program.

Visit [www.nationaldairycouncil.org](http://www.nationaldairycouncil.org) to download a calcium assessment questionnaire for use with patients and [www.aap.org](http://www.aap.org) for additional resources.

Recommendations for Adequate Dietary Calcium Intake (mg/day) and Servings of Dairy per Day in the United States

Kids/Adolescents		
Age	Calcium Intake, mg/day <sup>2</sup>	Servings of Dairy per Day <sup>3</sup>
1-3 years	500	3 <sup>*</sup>
4-8 years	800	3**
9-18 years	1300	4**

\* Age-appropriate servings

\*\* One serving equals 8 ounces of milk or milk equivalent



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**Have you had your 3 today?**

American Academy  
of Pediatrics



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<sup>1</sup> US Department of Agriculture, Agricultural Research Service. Data tables: results from USDA's 1994-96 continuing survey of food intakes by individuals and 1994-96 diet and knowledge survey. Riverdale, MD: US Department of Agriculture; 1999; (data for males and females ages 12-19 years).

<sup>2</sup> Institute of Medicine, Food and Nutrition Board. *Dietary Reference Intakes for Calcium, Phosphorus, Magnesium, Vitamin D, and Fluoride*. Washington, DC: National Academy Press; 1997.

<sup>3</sup> American Academy of Pediatrics, Optimizing bone health and calcium intakes of infants, children, and adolescents. *Pediatrics*, 117 (2):578-585; February, 2006.